### A Doctor's First Ouestion Is\_

"How are Your Bowels?" A Simple Remedy that Guarantees Good Bowel Action.

Trace the origin of the commonet file of life and almost invariably you will find that constipation was the cause. It is not to be expected that a as of fermented food can remain in the system beyond its time without viciating the blood and affecting the nerves and muscles. It congests the entire body.

The results are colds, fevers, piles headaches, and nervousness, with its companying indigestion and sleeplessness. There is only one thing to do, and that is to remove the trouble and when nature seems unable to do and stomach since he came out of the army. He says he tried about everything, but never succeeded in getting permanent relief until he took Dr. Caldwell's Syrup Pepsin. He is never

It has untold advantages over pills, salts and the various coarse cathartics it will do.

without a bottle in the house, and he

is never without good health.

Weakness.

The sick Seaman Evans ruled the destiny of the Scott Antarctic expedition. The weakest link in the chain gives the value to the chain. Civilization follows the path of least resistance. The drone or black sheep of the family centers the attention of the group on him, impairs its economic efficiency; in effect dominates the household. The enduring character of a society is determined not by its cultured group, but by its "sub-merged tenth."—or five-tenths.

Mistaken Sneer.

"It is cheaper, not dearer, to con sult a specialist," said Dr. Simon Flexner, head of the Rockefeller institute, at a medical dinner. "It is very stupid and erroneous to

hold the opinions of Blank, to whom a friend said: 'Was the doctor who examined

your lungs a specialist?"
"No. I don't think so,' Blank sneered. 'He couldn't find anything the matter with 'em.' "

Savoir Faire. Hostess (at the party)-Miss Rob-

ins has no partner for this waltz. Would you mind dancing with her instead of with me? The Man-On the contrary, I shall

be delighted.-Boston Transcript. Holland and England will be direct-

ly connected by telephone as soon as new cables are laid.

til the goods wear out. Adv

Even the man who stands on his dignity may put his foot in it.

Your Liver Is Clogged Up That's Why You're Tired-Out of Sorts
-Have No Appetite.

CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty. CureCon-stipation,

Biliousness, Indigestion and Sick Headache SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature



Manitoba. Saskatchewan and Aiberta, have produced wonderful yields of Wheat. Oats, Barley and Flax. Wheat graded from Contract to No. 1 Hard, weighed heavy and yielded from 20 to 45 bushels per acre; 22 bushels was about the total average. Mixed Farming may be considered fully as profitable an industry as grain raising. The excellent grasses full of nutrition, are the only food required either for beef or dairy purposes. In 1912, and again in 1913, at Chicago, Manitoba carried off the Championship for beef steer. Good schools, markets convenient, climate excellent. For the homesteader, the man who wishes to farm extensively, or the investor, Canada offers the biggest opportunity of any place on the continent. Apply for descriptive literature and Apply for descriptive literature and duced railway rates to

Superintendent of Immigration, ttawa, Canada, or to Canadian



LIEUT. G. W. VAUGHAN

ft, outside aid is necessary. You will and purgatives, for while these do but find the best of all outside aids a remedy that many thousands are now uspermanently. The effect of its action ing for this very purpose, called Dr. is to train the stomach and bowel Caldwell's Syrup Pepsin. Many hun- muscles to do their work naturally dreds of letters are received by Dr. again, and in a short time all forms of Caldwell telling of the good results medicine can be dispensed with. It obtained, and among the enthusiastic can be bought without inconvenience letters is one from Lieut. G. W. at any nearby drug store for fifty Vaughan, of 623 W. North St., Decatur, cents and one dollar a bottle, the latter Ill. He is 72 and has had a bad liver size being regularly bought by those who already know its value. Results are always guaranteed or money will be refunded.

Families wishing to try a free sample bottle can obtain it postpaid by ad-dressing Dr. W. B. Caldwell, 203 Washington St., Monticello, Ill. A postal card with your name and address on

Christmas Ceremonies That Mark the Celebration in Russia and the Balkan States. The Russian Christmas falls on January 7. On that day St. Petersburg

celebrates the birth of Christ by blessing the River Neva. A procession of priests, followed by a huge crowd, march to the river, the ice is broken, and a cross dipped in the water. In spite of the intense cold, often many degrees below zero, plously-inclined persons rush into the river to bathe themselves in the sanctified water. A similar Christmas ceremony is en-

acted in those Roumanian towns which lie on the Danube, but in this case the people are dressed to represent various biblical characters, such as Herod, Pontius Pilate, etc., and the cross is not merely dipped, but flung into the water. Then follows a terrific rush to secure the blessed emblem-a rush so fearful that often lives are lost, for it is firmly believed that its possession will bring the owner good fortune not only for the year, but for the rest of

#### RUSH TO SECURE THE CROSS

#### ECZEMA ON ENTIRE SCALP

R. F. D. No. 2, Sunfield, Mich.-"I was troubled with eczema. It began with a sore on the top of the scalp. broke out as a pimple and grew larger until it was a large red spot with a crust or scab over it. This became larger finally covering the entire scalp and spread to different parts of the body, the limbs and back and in the ears. These sores grew larger gradually until some were as large as a quarter of a dollar. They would itch and if scratched they would bleed and smart. The clothing would irritate them at night when it was being removed causing them to itch and smart so I could not sleep. A watery fluid would run from them. My scalp became covered with a scale and when the hair was raised up it would raise this scale; the hair was coming out terribly.

"I treated about six months and got no relief and after using Cuticura Soap and Ointment with two applications we could notice a great differ ence. It began to get better right away. In a month's time I was completely cured." (Signed) Mrs. Bertha Underwood, Jan. 3, 1913.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L. Boston."-Adv.

New Way of Finding Water. An Arizona observer has found out how to tell by the mesquite whether water is near the surface or not. When the mesquite grows up into tree form the ground water lies within fifty feet of the surface, but if it remains a shrub prospects for finding water are not so good. We are always learning that every natural phenomenon has meaning for us, if we can only read

the meaning.—Farm and Fireside. That Week Didn't Count. Isaac (who had just recovered from typhoid)-Doctor, you have charged me for four weeks' calls; I vill pay for only three weeks!

Doctor-But I called on you every day for four weeks, Mr. Isaac. Isaac-Vell, dere vas one week I was delirious and I didn't see you

What It Means. Hip-What does it mean to say that girl is as pretty as a picture? Hop-Merely a frame of mind.-Michigan Gargoyle.

An exchange says that new novels are flooding the land. This, of course, does not include the dry kind.

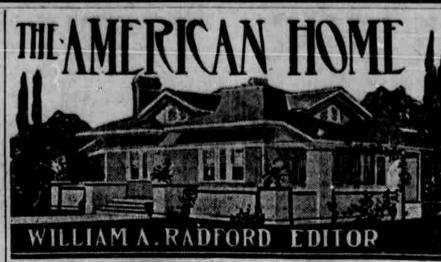
## That Weak Back

accompanied by pain here or there extreme nervousnesssleepleasness—may be faint spells—or spasms—all are signals of
distress for a woman. She may be growing from girlhood into
womanhood—passing from womanhood to motherhood—or later
suffering from that change into middle life which leaves so many
wrecks of women. At any or all of these periods of a woman's life
she should take a tonic and nervine prescribed for just such cases
by a physician of vast experience in the diseases of women.

DR. PIERCE'S **Favorite Prescription** 

has successfully treated more cases in past forty years than any other known remedy can now be had in sugar-coated, tablet form as well as in the liquid. Sold by med lealers or trial box by mail on receipt of 50 cents in stamps.

Miss Elisabeth Lordahl of Berkeley, Cal., in a recent letter to Dr. Plures said: "7 was completely on the liquid."



Investigations show that the majority of men working on salaries are paying out one-quarter or more of their entire earnings in rent. Take paper and pencil, and sit down and figure out what this rent bill amounts to in the course of a year; then see the amount it comes to in ten years. You will be almost appalled at the size of the amount. In most cases it is enough to buy outright a fine house and lot, a valuable property that can be made into a real home.

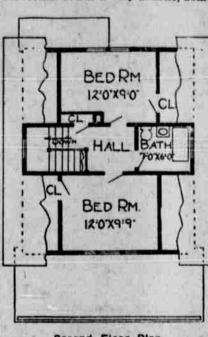
But what has the renter to show for this money at the end of ten years? Nothing but a big pile of rent receipts. Nothing that he can call really his own after paying out enough money to buy the house. He has no more right to it than the day he moved in, and may be turned out into the street any time his everlasting rent payments are not made.

And after all, the investment feature, the money end of the proposition, is really of minor importance compared with some others. Parents having the welfare of their children at heart should make any sacrifice needed to provide a real home for them to grow up in. Think of the delights of the "Old Home" you once knew. What fond memories cluster about it! What an influence for good that old place has been to you in your life! You have looked back to it with reverence, and have hurried back to it eagerly whenever there was a chance. Home is the most beautiful word in the English language. There is no place on earth like home

What do you suppose your children are to do for a home when you have grade of material throughout. rented all your life, moving every year or so from one rented house to the

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 178 West Jackson boulevard, Chicago, Ill., and only enclose two-cent stamp for reply. off" by buying too elaborate or expensive clothing. The more expensive residence can come later, if you desire, after you have finished paying for the first modest little home. Many have begun this way, and have eventually become large real estate owners through systematic saving.

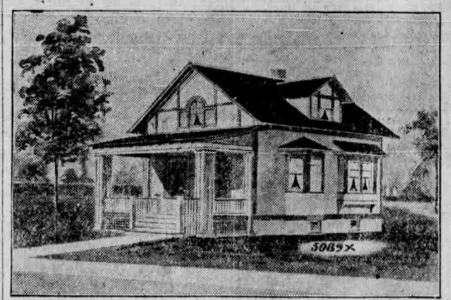
This is a story-and-a-half cottage of six rooms. It has a very artistic, home-



Second Floor Plan.

like appearance, being in good style and substantially built. It is stated that this house has been built complete for \$2,300.00, using a good, substantial

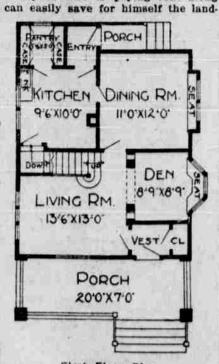
This is a dwelling that is well suit ed to the requirements of a small



next? That does not make a real | building lot. The total width of the home, and is not fair to the children. of parents go hand in hand. They are the two most sacred things in

There is a sense of security, of ownership, of permanence in the possession of even a small cottage. It makes life happier and more worth while. Sometimes you hear people say "It costs more to own a home than it does to pay rent." This is not true; but even if it were true, the arguments still would be on the side of owning your own home both for your own and for your children's sake.

Anyone who is paying rent along



First Floor Plan.

ford's profit and own his own home. We all know of many landlords who are not only making a good living but are growing wealthy by borrowing money, building houses with it and renting them to people, who, if they realized it, could with a little effort just as well build or buy the home for themselves.

Home builders are considered the very best kind of security, and real es- earned the right to be called professor. tate men and property owners are eager to do business with them. From one hundred to five hundred dollars is all that it requires as a first payment to start you on the road to the ownership of a substantially built, has concluded that the ancient peoples home-like little place like the one il- of that land used face paint; that lustrated herewith. After you have the early pre-dynastic Egyptians were made the start, it is just as easy to a neolithic people, having been skilled make the monthly payment as it is in the making of flints and very early to pay rent; for these payments can learning the use of copper and gold. be arranged so that they amount to and that from the earliest times they the same as rent, including both pay- knew how to navigate sailing boats ment on the principal, and interest on and rowboats.

house is 24 feet, its length 30 feet, not Love of home, and love and respect including the front porch. A building of rectangular form like this is most economical to build, since there is nothing complicated about the roof. and no jogs or corners in the walls to add to the expense.

The arrangement is all that could be desired for a house of this size. From the front porch a square vestibule is entered. To the left is the living room, a good-size, home-like apartment, with an open stairway at one side ascending to the second floor. A novel feature of this design is the den, which is really a part of the living room, being connected with it by a columned opening. The wide bay window with built-in seat, makes this little room very attractive indeed. The dining room, kitchen, and pantry are well arranged for housekeeping work. On the second floor, two good-size bedrooms are provided, each with a large closet and storage space. A bathroom is on this floor, opening from the hall. For a small house, this design is well worth considering.

Activities of Women. Kansas has 275,000 women voters.

Cleveland housemaids have formed Pennsylvania has 10,000 feeble mind-

Philadelphia has three women mill Michigan has 100,000 women taxpayers.

Baroness de la Roche, who won the aviation cup by covering 325 kilometers in four hours, is now considered the champion woman aviator, as the previous record was 280 kilometers

made by Mme. Pallier. Ultra-Fashionable women in Paris are appearing in public wearing gowns daringly slashed, which reveals that the accustomed silk stockings are lacking and instead the decollete calf is shown with dainty paintings or gems.

Miss Rachel Hirsch of the University of Berlin is the first woman in Germany to have the coveted title of professor. She became a doctor of medicine several years ago, and now, by her researches in pathology, has

Knowledge of the Ancients. From various prehistoric implements and ornaments found in Egypt. Professor Handcock, an Englishman,

## No Rest-No Peace

Lame in the morning, suffering cricks in the back and sharp stabs of pain with every sudden strain, the day is just one round of pain and trouble. It would be strange if all-day backsche did not wear on the temper, but it is not only on that account that people who suffer with weak kidneys are nervous, cross and irritable.

Uric acid is poison to the nerves, and when the kidneys are not working well, this acid collects in the blood and works upon the nerves, causing headache, dizziness, languor, an inclination to worry over trifles, and a suspicious, short temper.

Rheumatic pain, neuralgia, sciatica, lumbago, neuritis and gravel are fur-ther steps in uric acid poisoning.

ther steps in uric acid poisoning.

Don't neglect kidney weakness. An aching back, with unnatural passages of the kidney secretions, is cause enough to suspect the kidneys. Use Doan's Kidney Pills, a remedy which has been used for years, the world over, for weak kidneys, backache, ir-



LAID UP IN BED Gaso Up All Hope of Ro

# "When Your Back is Lame-Remember the Name"

FORCED TO STERN MEASURES

Indignant Sunday School Scholar Fel Herself Called Upon to Administer Punishment

Religious instruction must be judiclously administered if it is to be effective with children. Otherwise weil, this is the story told by a good adult friend of the small Chicago maiden who suffered in its behalf.

The little girl had accompanied a small comrade to Sunday school, this being her first experience of the kind. She went off blithely, but returned home crying. Maternal questions elic ited the sad fact that Millie, her recent hostess, had slapped her.
"Why did you do that?" Millie was

asked in sternest indignation. After some hesitation Millie divulged the "Well, the lesson today was about God," she said, "an' as we came home

I asked Jessie if she loved God, an' -"Well, well, out with it!" cried Jes sie's mother. "What did Jessie say? What could she have said to cause you to treat her so unkindly?"

"Well-I asked her did she God, an' she said-" "What did she say?" repeated Jes sle's mother.

"She said, No, I don't even like Him!'-so I thought she needed punishing, an' I slapped her face!"

Snail's Real Pace.

"At a snail's pace" is a common expression and usually signifies very slow gait, but what do you suppose is the actual speed by a snall in traveling?

figures. One foot in four minutes, or at the rate of one mile in 16 days, if travel-

ing continuously. These are figures given by George Zahnizer, a civil engineer of this city, taken from actual observation.

A short time since Mr. Zahnizer was standing along the Western New York & Pennsylvania railroad waiting for a train. He had nothing in particular to do and "killed a little time" by timing a snall which was creeping along the

That snail traveled just exactly one foot in four minutes, Mr. Zahnizer says, and computing distance at the rate of travel shown Mr. Zahnizer has figured out that it would require 16 days for that snail to move a mile.

Overpayment. A certain statesman, condemning the international marriage that is based on mercenary and sordid grounds, said in Washington:

"Another pretty American countes -she inherited eight millions from her father's wholesale hardware plant -has found marriage a disappoint-

"Her dyed and corseted old husband said bitterly to her one day: "'Ours was a business marriage. You bought my title with your millons, as you'd buy a yard of cloth in a

"'Yes,' blazed the young countess, 'yes-but I ought to have got some change!"

As He Understood It.

A maiden lady, Miss Cocker by name, and her niece, who bears the same cognomen, went one evening to a reception at the house of a friend. "What name, please?" inquired the footman.

"Miss Cocker," answered the elder "Miss Cocker, too," joined the niece, hurriedly.

Whereupon the man of plush and buttons opened the drawing room door and, with all the dignity of his profession, ushered them into the midst of

"Miss Cocker and Miss Cockatoo!

Probably Not. A young man timidly approached the father of the girl of his choice and

asked for her hand in marriage. "I am not at all certain," said the father, "that my daughter loves you sufficiently to warrant me in entrusting her to your keeping."

"Well," replied the young man, reflectively, "perhaps you haven't had the same advantage for observing things that I have." - Harper's Monthly.

One Advantage. "The pen is mightier than word," quoted the Wise Guy.

"Yes, but the sword never gets a fellow into libel suits," added the Simple

A Gastronomic Test "That girl's a peach!" "Sure! She's sweet enough to ea -Baltimore American

Some women have a lot of cheek, but not enough to grow a beard.

Speaking Lines.

"Who gave Miss Antique away when she finally got married?"
"Her wrinkles."—Stray Stories

in any form, or money cheerfully retunded. Book to and receive wonderful remedy by return mail Address Son E. Tabeco Chang C. The Process of the Con-

an expert."
"Indeed!" "Yes. His preceding wife had no less than seven divorces."—Judge.

Playing Safe.
"Senator Wombat is bitterly disapointed in the wireless system." "How so?"

"He thought you could send a wire

less message without anything being

put on paper." "Say, boss," said Hungry Hober, "could I trouble you to give a fellow

a little lift." "What do you want,." "I've got enough money in my pocket to tip the waiter, an' I was just vonderin' if you wouldn't give me just

a little extra to buy a meal." Deathless Fame. "I would rather have written the Elegy in a Country Churchward' than be as rich as Rockefeller."

"Why?" "How can you ask? The author of that poem won deathless fame. "Did he? Who was the chap?" "Let's see. His name has escaped

me; but it certainly is great stuff,

all right." Saving the Furniture. "I don't know what we're going to do," said the mother, "since you have given Willie that knife with a saw

and a gimlet and a file and a lot of other things attached to it." "Well," answered the thoughtfully, "maybe we'd better shut up the house for a couple of months and move into a furnished

He Knew Him Well.

apartment."

"What's the trouble, John?" "Why, sir, here's a note from Mr. Mahlstick, in which he tells me that he is off on a little trip and he wants me to send his drawing materials

"Well, and isn't that plain enough?" "Hardly, sir. I don't think, sir, that you know Mr. Mahlstick. I don't know whether to send his paints and brushes or only a corkscrew."-Stray Stories.

ANOTHER COFFEE WRECK What's the Use When There's an Easy Way Out?

Along with the coffee habit has grown the prevalent "American Disse"-nervous prostration. The following letter shows the way

out of the trouble: "Five years ago I was a great oo fee drinker and from its use I became so nervous I could scarcely sleep at all nights. My condition grew worse and worse until finally the physician I consulted declared my trou-

"But being so wedded to the bev erage I did not see how I could do without it, especially at breakfast, as that meal seemed incomplete with out coffee.

bles were due to coffee.

"On a visit, my friends deprived me of coffee to prove that it was harmful. At the end of about eight days I was less nervous, but the craving for coffee was intense, so I went back the company with the convulsing an- to the old habit as soon as I got home and the old sleepless nights came near making a wreck of me.

"I heard of Postum and decided to try it. I did not like it at first, because, as I afterwards discovered, it was not made properly. I found, however, that when made after directions on the package, it was delicious.

"It had a soothing effect on my nerves, and none of the bad effects that coffee had, so I bade farewell to coffee and have used only Postum since. The most wonderful account of the benefit to be derived from Postum could not exceed my own ex-

Name given by Postum Co., Battle Creek, Mich. Write for a copy of "The Road to Wellville."

Postum now comes in two forms: Regular Postum-must be well

Instant Postum-is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kirds. "There's a Reason" for Postum

Queer Reasons for Pride. Some weeks ago when the Volturas burned in midocean a few of the mea rushed the boats and were knocked down by the captain. What becomes of such men in after days? Do they hide in shame from their fellows, fear ful that they may be recognized and their infamy proclaimed? Not neces-sarily. A public librarian was once visited by a man who came to him for a book on notable shipwrecks. He searched the pages eagerly, then point searched the pages eagerly, then points
ed out a passage referring to a seaman who tried to take a woman's place
in a lifeboat, and had been shot by the
captain. "I'm that man," he declared,
proud that his exploit should appear
in print, and offered to show the shot wound to support his claim!

Rev. Madison Peters said of New Year's resolutions the other day in

"I'd advise every one with a bad habit—whether it's alcohol or profas-ity, gambling or morphine—to swear off hopefully. "Some poor fellow, especially among the alcohol, think it's too late

-their lives are ruined-no hope is a man is never too old to reform, though frequently he is too young to realize this truth."

Motor Circles. "Do they move you in a circle?"
"By no means. We have a six-cylinder car. They move in a four-cylin

Ethel-So Kate is finally married Marie-She didn't. She was shoved

off by three younger sisters. Nothing venture, nothing have



Sioux City Directory "Hub of the Northwest."

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Capital \$50,000.00 and RIOUX CITY. In
Stock \$50,000.00 are in peed of market trapent
We will mail you live Stock Become free of charge

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ABSOLUTELY FIREPROOF 250 ROOMS, RATES SI.OO AND UP.

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**SWANSON & GILMORE** Live Stock Commission Merchanta. GIOUX CITY, IOWA and CHICAGO, ILLING Our motto: "A growing business built on reputati

**Barber Supplies** The Kleeblatt Barbers Supply Co., 618 Sloux City, Ia., will treat you right. W

J. C. Rennison Co. FLORISTS Flowers for All Occasions. SIOUX CITY, IOWA

Protect your hogs against Chelera. We have increased our capacity and can now furnish ANTI HOG CHOLERA SERUM upon immediate notice. Con SIOUX CITY SERUM COMPANY STOCK YARDS SIOUX CITY, IA

Before deciding on your new car investig JEFFREY FOUR \$1550 COMPLETE RAMBLER DISTRIBUTING CO. B12-14 Douglas St. Sieux City,

Mr. Man a. We gue STOCKYARDS HARNESS SHOT

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